

# Sixty Plus at San Francisco State University

## *Highlights*

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**SIXTY PLUS**

*A Program for Lifelong Learning*

*January, 2015*

### **MONDAY, JANUARY 12**

#### **“Fixing Our Mental Health System – and what you can do” – Panel, Physicians Organizing Committee**

The panel from the Physicians Organizing Committee (POC) discusses our mental health treatment system today. With cuts in psychiatric inpatient beds at SF General Hospital and elsewhere, and with many who suffer from mental disorders being sent to jails and prisons, the need for mental health treatment is not being met.

The panel includes Virginia Spiegel, LCSW, member of the San Francisco Mental Health Board; Geoffrey Wilson, President and founder of POC which, since 1982, has been fighting for the ethics of the medical profession by organizing doctors. The third panelist is Paul Weisenburger who is retired from the Department of Corrections where he supervised mentally ill parolees released from State Prison. The panel talks about what is being done to change the system – and how members of Sixty Plus can help.

The meeting will be held in the Rosa Parks Room of the SFSU Student Center at 1:00 p.m. Social time will follow. The hospitality for this meeting will be provided by **Margaret Gavaney**. Sixty Plus members whose last names begin with the letters **Ful - Gray** are requested to bring treats. Please let Margaret know if you are not attending. Make sure you contribute or arrange to have someone bring something for you.

**Shuttle Bus: Note - we will not have a shuttle bus for this meeting. However, since school is not in session, parking on campus should be plentiful. Carpooling is highly encouraged!**

### **MONDAY, JANUARY 26**

#### **“Cole Porter” – Bonnie Weiss**

Cole Porter brought sensuality and sophistication to musical theater through such big Broadway hits as “Anything Goes” and “Kiss Me Kate.” He also composed some of the most achingly lovely and haunting ballads of the twentieth century including “Begin the Beguine,” and “Love for Sale.” We see Mr. Porter himself in an appearance on the Milton Berle Show and learn about his fascinating life.

Bonnie Weiss is a seasoned theater educator, writer, radio and cabaret producer. She teaches musical theater appreciation at SFSU, Santa Clara and Cal State East Bay and at several other colleges and universities. She has offered her acclaimed presentations throughout California and has produced cabaret shows and local radio shows, celebrating the work of Broadway’s and Hollywood’s most cherished songwriters.

The meeting will be held in the Rosa Parks Room of the SFSU Student Center at 1:00 p.m. Social time will follow. The hospitality for this meeting will be provided by **Margaret Grant**. Sixty Plus members whose last names begin with the letters **Gre - Hom** are requested to bring treats. Please let Margaret know if you are not attending. Make sure you contribute or arrange to have someone bring something for you.

**Shuttle Bus Times:** Pick-up time for the meeting will be at 12:15 p.m. at the Lake Merced parking lot at the foot of Sunset Blvd. A second bus will be available if necessary. The return trip will be at 3:15 p.m. from in front of the Creative Arts Building on Holloway Avenue.

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## President's Message – January, 2015

**Wishing all of you a Happy and Healthy New Year.**

Our Christmas Holiday Luncheon was a huge success. The comments from those of you who rode the shuttle bus with me, on our trip back to the parking lot, were all very positive. One couple remarked how Sixty Plus was just what they were looking for. We enjoyed a tasty lunch. Our entertainment was a program of Christmas favorites sung by students of SFSU accompanied with a piano player and bassist. Our scholarship recipients, Rehena Shakya and Daniel L. Keith, were each presented with a check for \$1,000.00 which they greatly appreciated. I want to thank Peggy Pol, our Special Events Chair, for her time and effort in planning this festive event. Also, I want to thank Christine Malfatti, our Vice President, for taking care of the entrance table and greeting us with our name tags and raffle tickets. A special thank you to all of you who helped to make this the best Holiday Luncheon thus far.



Dr. Gerard Heather, Professor Emeritus of SFSU, was our speaker at our last meeting of the year. As always he presented lots of information on the current state of American politics. He is a very popular speaker. Let's not wait so long to bring him back to share his knowledge with us.

We voted and passed our updated Sixty Plus Constitution easily by the majority of those present. Thank you to Richard Chackerian, Richard Soward, and Jeanne Glennon for your tireless effort and time to bring this about.

Lastly, I want to thank all of you who have made the first three months of my Sixty Plus Presidency such a joy and success.

**Margo Moor, President, Sixty Plus at San Francisco State University, 415-205-9350, [mmoor@att.net](mailto:mmoor@att.net)**

**p.s. Don't forget to check our website: [sixtyplussf.org](http://sixtyplussf.org)**

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## Hospitality Committee

Members are asked to provide refreshments such as cookies, fruit, or other finger food for general membership meetings according to alphabetical order. Please make a note of your turn and bring refreshments on your assigned day. In case you cannot attend your assigned meeting, please exchange with someone in another alphabetical group.

<b>Jan. 12</b>	<b>Ful - Gray</b>	<b>Feb. 9</b>	<b>Hy - Jow</b>	<b>Mar. 9</b>	<b>Ko - Lin</b>
<b>Jan. 26</b>	<b>Gre - Hom</b>	<b>Feb. 23</b>	<b>K - Kn</b>	<b>Mar. 23</b>	<b>Lo - Mil</b>

A big thank you to Sylia Disernia, Chris Malfatti, Priscilla Allen, Robin Dupre, Carlene Scheidtman, Carmen Dominguez, Dora Ferraris, Kay and Ray, and a few other elves who put items on the hospitality table.

**Phyllis Abad, [pabad@earthlink.net](mailto:pabad@earthlink.net)**

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## FROM THE BOARD, DECEMBER, 2014

**Constitution:** The membership approved our revised Constitution by unanimous voice vote at the December 8 meeting.

**Recording Secretary:** Ray Sarakaidis has volunteered to act as Recording Secretary while Alice Keenan is on leave.

**Scholarships:** The Education Committee has awarded two \$1,000 scholarships to Rehana Shakya and Daniel L. Keith.

**Workshops:** Erwin Kelly will offer two workshops, one on economics and one on travel, in the spring.

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## HAPPENINGS AROUND TOWN

By Bob Wrisley

**Di Rosa Preserve**, 5200 Sonoma Highway, Napa, CA 94559. Over 200 acres of indoor and outdoor gallery space showcasing Bay Area art in a variety of media. Art Gallery open Wednesday through Sunday, 9:00 a.m. to 4:00 p.m. 707-226-5991 [www.dirosaart.org](http://www.dirosaart.org)

**Gilroy Gardens Theme Park, 3050 Hecker Pass Hwy, Gilroy, CA 95020.** Holiday Lights on December weekends, 3:00 p.m. to 8:00 p.m. Gilroy Gardens is California's only horticultural theme park and home of the world famous Circus Trees. With six majestic gardens, educational exhibits and over 40 family rides and attractions this unique property boasts a truly green environment where "learning is disguised as fun." [www.gilroygardens.org](http://www.gilroygardens.org)

**Silver Ride.** Offers flexible transportation options to meet the needs of older adults to have a more connected, fulfilling, dignified and independent lifestyle. Transportation is provided with door-through-door service by Driver Escorts in a SilverRide luxury cruiser. 415-861-RIDE (7433) [www.silverride.com](http://www.silverride.com)

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**Not – Quite – Gourmet Dining**  
**Magic Flute Garden Ristorante**  
**3673 Sacramento (near Spruce)**  
**Tuesday, January 27<sup>th</sup>, 11:30 a.m.**

One of San Francisco's favorite restaurants has a sparkling new Tuscan décor to match its new California-Italian cuisine. A superb salad selection includes a new Morton Ranch steak salad; sandwiches feature a tempting array including a grilled spicy lamb burger, plus pastas, a big bowl of mussels, and Magic Flute quiches. Both dining rooms reflect Italian warmth, and the new rear dining room overlooks a flower-filled patio.

Marian Anderson (415) 282-8334 or [marianra@comcast.net](mailto:marianra@comcast.net)

## Tour

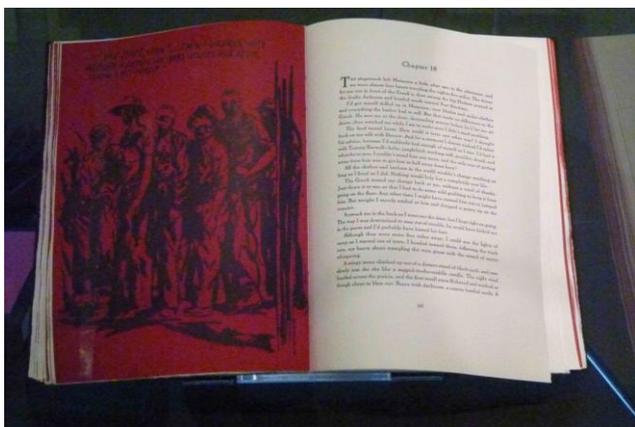
On Thursday, November 20, Sixty Plus members had a very informative tour of the facilities at Arion Press, publishers of the finest hand-bound volumes for collectors in North America.



Publisher Andrew Hoyem leads Sixty-Plus tour members through the process of publishing a hand-bound collector's copy of a published masterpiece, such as poet Walt Whitman's collection of poetry, *Leaves of Grass*, or Cervantes' *Don Quixote*.



An M & H typesetter melts together lead, tin, and antimony, used to cast type. M & H, adjacent to Arion Press, is the largest type foundry in North America, and one of the largest in the world.



A combination of type and illustration in an Arion Press publication.



Subtle colors in Japanese prints.

## TOUR OF KQED

**Wednesday, January 14, 2015, 10:30 a.m.**

Join us for a docent tour of the KQED media station at 2601 Mariposa Street (between Bryant and York Streets). KQED Inc. is a public media outlet based in San Francisco, which owns KQED Television and KQED Public Radio. Other projects include KQED Interactive, and KQED Education. The tour takes about 45 minutes. Cost is \$5.00. Lunch is on your own.

Parking can be difficult. Public transportation is the best way to get there. Take 33 Stanyan, 22 Fillmore, 53 Southern Heights, 27 Bryant, or, from the 16th & Mission BART station, take the 22 Fillmore. The garage, located at the back of the KQED building on York Street, charges \$7.00 for parking.

To sign up contact Carol Laker at [claker@att.net](mailto:claker@att.net)

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**"PROMISES, PROMISES"**  
**San Francisco Playhouse**

"Promises, Promises" comes to the San Francisco Playhouse for this year's holiday show. It is a charming musical comedy, infused with the swinging and stylish energy of early 1960s Manhattan. It is the musical tale of a lovelorn young executive and a romantically troubled waitress, knotted in a twist of sexual affairs and corporate shenanigans. Office romances collide with office politics as you've never seen them before. It is filled with memorable one-liners, thanks to Neil Simon, and infectious pop tunes — all presented by a very talented cast.

Sunday, January 4, 2015 – 2:00 p.m. Matinee  
Tickets: Orchestra, \$43.50  
Payment: Make your check out to Sixty Plus and mail to the office by December 8.



**"MATILDA"**  
**Orpheum Theatre**

Winner of numerous awards and performing to sold-out audiences in New York and London, "Matilda" is a stage musical based on the beloved children's novel by Roald Dahl. The musical's narrative centers on Matilda, a precocious 5-year-old girl who loves reading, overcomes obstacles, and helps her teacher to reclaim her life.

Wednesday, August 12, 2015  
2:00 p.m. Matinee  
Tickets: \$65 – Mezzanine; \$75 – Orchestra  
Payment: \$25 deposit due by February 1<sup>st</sup>



**SFSU CREATIVE ARTS**

The Creative Arts Department is preparing a number of exciting events including classical music, poetry, and fine art displays. For a complete listing, visit the website at: <http://lca.sfsu.edu>. Tickets for events can be purchased through this website or by calling the box office: 415-338-2467.



# WHERE IT ALL BEGAN... A History of Sixty Plus

by Richard Lewis and Christine Malfatti



In the spring of 1975 Sixty Plus was a gleam in the eye of Dr Lloyd O'Connor, in charge of the summer session program at SF State University. He felt a need to recognize the contribution to society and to public institutions made by older citizens. He proposed that people aged 60 and over should be permitted to attend summer courses at a reduced fee.

Dr Shepard Insel, then Dean of Continuing Education, enthusiastically embraced the idea. A stumbling block arose when it was discovered that California law prohibited waiving fees at state colleges. It was proposed, however, that in addition to attending the summer sessions, people over 60 would form a club to meet on campus to take part in lectures or discussions of interest to them.

After publicity in neighborhood newspapers an organizational meeting was held on May 8, 1975. There was a larger than expected response, and it soon became clear that the small group which had been envisioned would in reality be quite large. Little did any of them realize how large!

Dr Insel suggested that the club be a permanent organization and contract with the university to become a bona fide student body, with a constitution and bylaws. As such, it could negotiate with the university on reduced fees and obtain other benefits. In September a formal business meeting was held, the name Sixty Plus of San Francisco State University was adopted, officers were elected, and dues of \$25 a year were set. Thus a unique organization came into being.

At this time a bill pending in the legislature would allow people over 60 to enroll for credit and work towards a degree at any of the California state universities at a substantially reduced fee. Sixty Plus founder and second president Adrian Greenberg spent the next several years practically commuting to Sacramento to lobby for its passage, and eventually was successful.

Sixty Plus enjoyed great popularity, and nine years later, with a membership of 250 and a waiting list of over 300, steps were taken to form a second chapter. Some of the people on the waiting list had been waiting three to four years for a chance to join! Accordingly, on September 10, 1984, some 150 would-be members met in Knuth Hall and asked whether they wished to join a second chapter, to be called Beta, or remain on the list for the original chapter, hence to be called Alpha. Beta's first organizational meeting was addressed by Dr. Anabel Pelham, Faculty Adviser for Sixty Plus, among others. By the end of 1985 Beta had a membership of 204.

Within a few years the formation of a third chapter, Gamma, also went ahead. All three chapters were then flourishing, but in recent years we have seen a retrenchment, and recently members of Beta and Gamma voted to merge. As we all appreciate, this has proved to be a successful move and has given Sixty Plus a boost for the new century.



## CALENDAR OF COMING EVENTS

January 4	Sunday	2:00 p.m.	“Promises, Promises,” SF Playhouse 450 Post St., SF, CA 94102
January 12	Monday	10:30 a.m. 1:00 p.m.	Executive Board & Committee Chairs, Rosa Parks Room D General Program Meeting, Rosa Parks Room Cesar Chavez Student Center, SFSU
January 13	Wednesday	10:30 a.m.	Tour of KQED, 2601 Mariposa St., SF
January 26	Monday	11:00 a.m. 11:00 a.m. 1:00 p.m.	Tour Committee meeting, Rosa Parks Room D Program Committee meeting, Rosa Parks Room D General Program Meeting, Rosa Parks Room Cesar Chavez Student Center, SFSU
January 27	Tuesday	11:30 p.m.	Not-Quite-Gourmet Dining Magic Flute, 3673 Sacramento St., near Spruce
August 12	Wednesday	2:00 p.m.	“Matilda,” Orpheum Theater 1192 Market Street, San Francisco, CA 94102

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## SIXTY PLUS 2014 – 2015

### Officers

President  
1<sup>st</sup> Vice President  
Treasurer  
Recording Secretary  
Corresponding Secretary  
Past President

Margo Moor  
Christine Malfatti  
Terry Kirchhoff  
Ray Sarakaidis  
Barbara Graham  
Shelagh Ross

### Committee Chairs

Arts & Entertainment  
Communications  
Education — Co-chair  
Education — Co-chair  
Hospitality  
Mailing  
Membership  
Programs  
Publicity — Co-chair  
Publicity — Co-chair  
Special Events  
Sunshine  
Tour

Erwin Kelly  
Jeanne Glennon  
Richard Chackerian  
Richard Soward  
Phyllis Abad  
John Johns  
Christine Malfatti  
Alice Keenan  
Richard Lewis  
Christine Malfatti  
Peggy Pol  
Karen Gretch  
Sheila Birmingham

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**Sixty Plus at San Francisco State University**  
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Items for the **February Highlights** should be submitted by **January 17** to: Jeanne Glennon: [jfglennon@comcast.net](mailto:jfglennon@comcast.net)

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